

Healthy Me

	Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Year 1	Understanding the difference between healthy and unhealthy	Making healthy lifestyle choices	Keeping myself clean and healthy	Medicine safety	Road safety	Understand how being healthy helps keep me happy
Year 2	Understand what I need to keep my body healthy	Being relaxed	Medicine safety	Healthy eating (food groups)	Healthy eating (healthy snacks)	Having a healthy relationship with food
Year 3	Being fit and healthy	Making healthy choices	What do I know about drugs?	Being safe (identifying people and places I need to keep safe from)	Safe or unsafe?	Taking care of my body
Year 4	Friendship groups	Group dynamics	Smoking	Alcohol	Healthy friendships	Right and wrong
Year 5	Smoking	Alcohol	Emergency Aid	Body image	Relationships with food	A healthy lifestyle
Year 6	Taking responsibility for my health and well being	Drugs	Exploitation	Gangs	Emotional and mental health	Managing stress and pressure